



# Wheeling Forward

Wheeling Pavilion Senior Center

## JANUARY 2017

### HAPPY NEW YEAR!

As we move into a new year, I am considering new programs. What would you like to see added to our line up? If you could add any program or trip, what would you like to see added? Please fill out the coupon below and return it to Alysia along with your comments and suggestions. If you complete the form and add your name and phone number, you will receive a coupon for a trip.

☐ More trips.

Here are my suggestions: \_\_\_\_\_

☐ More Speakers.

Here are my suggestions: \_\_\_\_\_

☐ More Classes.

Here are my suggestions: \_\_\_\_\_

☐ Other.

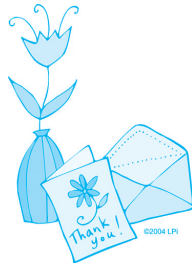
Here are my suggestions: \_\_\_\_\_

Name (Optional) \_\_\_\_\_

Phone number (optional) \_\_\_\_\_

## PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, Dolores Kelley, Joannie Purvin, Corky Weber, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Michael Dunn, Marilyn Hams, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, Bobbie Sfondilis, Roberta Vollriede and Corky Weber for volunteering at the front desk.
- Flo Feiner, volunteer Sing-a-Long musical director.
- Pat Miller, volunteer SHIP counselor
- Lunch at Pavilion volunteers Lee Becker, Michael Dunn, Kevin Frei, Czeslawa Gorka, Howard Grubman, Marilyn Hams, Darlene Kaplan, Marshall Kaplan, Barb LaHay, Anita Loewenstein, Smadar Mozes, Nurit Mozes, Joannie Purvin, Vilma Sanchez, Bobi Spiegel, and Carol Targun.
- Technology learning volunteers Gary Primack, Steve Rosengard, Ed Walsh, and Ludmila Zoob.
- Steven Meyer III for coordinating the Stitch and \*itch group.
- MaryAnn Marabella for coordinating the community volunteers



## SENIOR CITIZENS COMMISSION

Geri Brockett  
 Marilyn Hams  
 Pat Hawkins  
 Marshall Kaplan  
 Michael Kohen  
 Gerald Malin  
 Pat Miller  
 Kathy Pico  
 Jackie Portnoy  
 Joannie Purvin  
 Bobi Spiegel  
 Roberta Vollriede  
 Corky Weber

## TRANSPORTATION RESOURCES

### VILLAGE OF WHEELING SUBSIDIZED CAB PROGRAM

Discount (\$2 per voucher) by Village of Wheeling for Wheeling residents. To register, call the Senior Center at 847-459-2670. After receipt of enrollment card and vouchers you can make your own arrangements by calling American Cab Co. 847-253-4411 or 303 Cab Co. 847-537-0303.

### WHEELING TOWNSHIP DIAL-A-RIDE/SENIOR DISABLED TRANSPORTATION

This service is a scheduled bus service using small buses. Passengers are picked up at their homes and taken to their destinations. Fare is \$2 each way. Preregistration and reservations are required and must be made 2 business days in advance. Call 847-259-7743 for information.

### PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

Call PACE at 312-663-4357 to arrange for registration and an interview. Once certification process is completed, pre-arranged curb-to-curb service can be provided. The one-way fare for ADA Paratransit Services is \$3.00 for Cook County. If you need a companion with you, the companion rides free. **For handicapped riders only.**

### RTA FREE OR REDUCED RIDE PROGRAM

Applications available at Pavilion Senior Center for a special users travel card that allows senior residents to travel on any RTA funded form of transportation free or at a reduced rate. Call 847-459-2670 for information.

### PACE BUS SERVICE

PACE scheduled bus service with major destination stops at downtown Des Plaines, Mt. Prospect Metra Station, Randhurst Mall, Woodland Creek Apartments, Wheeling High School, Wheeling municipal complex, and Buffalo Grove terminal. Exact fare required. For information call the RTA Travel information center at 847-836-7000.

### ESCORTED TRANSPORTATION SERVICE NORTHWEST

Program matches volunteer drivers with seniors 60 years of age and older who need a ride to and from their homes to doctor or dentist appointments. Call 847-222-9227. Donation of \$12 per round trip is suggested.

# JANUARY BIRTHDAYS

3

1	Fran Bently	15	Gwen Kukla
1	Jerome Usvolk	15	Shirley Turbov
1	Bill Hein	16	Marge Kokkelenberg
2	Lucy Rosset	16	Jean Kujat
4	Arthur Spreckman	17	Anne Koehler
5	Joanne Teslik	17	Barbara Pintz
5	Juliana Hickey	19	Peter Farveni Jr.
5	Karl Kruger	20	Maria Chiang
6	Al Hembd	21	Alan Dietze
6	Eugene Levin	23	Arlene Ogden
7	Bob Schuppe	24	Renee Gasner
7	Lillian Williams	25	Nicholas Macheca
9	Renee Dicker	25	Linda Reading
9	Susan Labow	29	Carl Finger
9	Geri Illy	29	Alla Ashkinazi
11	Urszula Malinowski	30	Wendy Dietze
12	Roberta Vollriede	30	Donna Zoske
12	Sue Korte		
12	Karen Peter		
14	Geri Brockett		



## CHAIR YOGA

Chair Yoga is for those who do not feel comfortable getting on the floor to exercise on the yoga mat, but could still benefit from the techniques used in yoga. Learn techniques with personalized modifications while still sitting in a chair. No experience necessary to join!

**Days:** Fridays

**Dates:** January 6 - February 24, 2017 (8 weeks)

**Time:** 9:30 A.M.—10:15 A.M.

**Place:** Wheeling Pavilion Senior Center  
199 N. First Street, Wheeling

**Cost:** \$68

**Register at the Wheeling Park District**  
333 W. Dundee, Wheeling  
847-465-3333



# 4 WEEKLY PROGRAMS AND INFORMATION

## SCHEDULE AT A GLANCE

### MONDAY

9:00-10:00	Stay Fit w/Video
10:30-11:30	Wii Bowling & Games
11:30-12:30	Lunch at Pavilion
10:00-12:00	TLC (Technology Learning Center)
1:15-3:30	Canasta and Pinochle

### TUESDAY

9:30-3:30	CJE Russian Speaking Social Worker by appt.
9:30-10:30	Stay Fit Fitness
10:00-12:00	Current Events
11:30-12:30	Lunch at Pavilion
12:30-3:30	Intermediate Bridge
1:00-3:00	Volunteer Craft Group

### WEDNESDAY

9:00-10:00	Stay Fit Fitness
9:30-10:00	Indian Trails Library Drop -Off and Pickup
10:00- 3:00	SHIP by appointment
10:30-11:30	Sing-a-Long (1st, 2nd, & 3rd WED only)
11:30-12:00	Blood Pressure (4th WED of the month)
11:30-12:30	Lunch at Pavilion
1:00-3:00	Stitch and *itch
1:00-4:00	Open Game Play

### THURSDAY

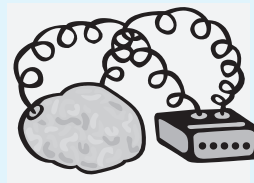
9:00-10:00	Stay Fit Fitness
10:00-3:00	SHIP by appointment
11:30-12:30	Lunch at Pavilion
12:30-3:30	Intermediate Bridge
1:00-3:30	Happy Hookers
1:30-3:30	Color for Calm

### FRIDAY

9:30-3:30	CJE Russian Speaking Social Worker by appt.
10:00-11:00	Brain Games (3rd FRI of the month)
10:00-12:30	Russian Tea Time Support Group (2nd & 4th FRI of the month)
10:30-11:30	Wii Bowling & Games
11:30-12:30	Lunch at Pavilion

### BRAIN GAMES

Playing games that encourage you to think is one of many ways to keep your memory sharp. Brain Games will help improve your focus, concentration, and memory through a series of exercises and games. Join us for a thought -provoking program of games to keep your brain sharp.



Date: Friday, January 27, 2017

Time: 10:00 A.M.

Place: Wheeling Pavilion Senior Center

Cost: FREE but reservations are requested in order to have enough materials for all in attendance.

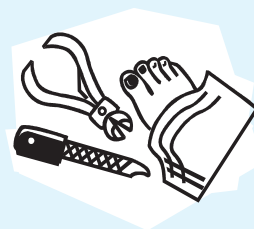
**Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.**

### FOOT DOCTOR

#### First Friday of every month

Dr. Nikola Ivancevic, DPM. comes to Pavilion Senior Center to provide foot care to Pavilion members. Medicare and most PPO insurance are accepted and will be billed by the doctor's office directly. Diabetic footwear also available.

***Call Laura at 630-782-6557 to schedule your Friday appointment.***



### BLOOD PRESSURE SCREENING

#### Last Wednesday of every month

11:15 a.m.

Services provided by the Wheeling Township nurse, Karen McNeir, R.N.





## MEMORY SCREENINGS AT THE PAVILION

### WHO SHOULD BE SCREENED?

Memory screenings make sense for everyone who is concerned with memory loss or experiencing the warning signs of dementia. If family and friends have noticed changes, or those who believe they are at risk due to a family history of Alzheimer's disease or related illness, screenings and testing are advised. For anyone who does not have a concern at this time, but who wants to establish a base line score for comparison in the future, testing is also available.



**Wheeling Pavilion Senior Center,  
199 N. 1st Street, Wheeling  
by appointment only (30 minutes)  
847-459-2671  
ask for Jan Christiansen, MSW**

## LENDING CLOSET

The Wheeling Pavilion Senior Center manages a lending closet of medical equipment available to Wheeling residents. Equipment is loaned for a period of 30 days for wheelchairs and 60 days for all other medical equipment. If you or someone you know are in need of any equipment, call the front desk at 847-459-2670.



## YOUR CLOCK IS TICKING/BUCKET LIST

What do you want to do before you die? STOP procrastinating and making excuses as to why you can't do something now. By creating a list of things you want to do before you "kick the bucket," or just keep track of things that you have already done, you can focus on enjoying and fulfilling your life. AND, it's never too late to start one. JOIN US!!!!

This group will meet every **THIRD FRIDAY** of each month  
**January 20, 2017**

**Place:** Wheeling Pavilion Senior Center  
199 N. First Street  
Wheeling, IL 60090

**Time:** 10:30 a.m.-11:30 a.m.

**Group**

**Facilitator:** Jan Christiansen, MSW  
Social Services...1-847-459-2671

## TELEPHONE REASSURANCE



**"How are you doing?"** Register for our telephone reassurance program and answer that question when we call you on Monday-Friday mornings before 9:00 a.m. For more information, or to register, please call Jan at the Wheeling Pavilion Senior Center at 47-459-2671.



## COUPON

***This coupon is good for \$2 off any trip that is \$25 or more. Coupon expires January 31, 2017***

This coupon can only be used once. This coupon is not valid for previous registration and can only be used for trips.

This coupon is not valid for restaurant trips.

**Name of person using coupon**

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**Date coupon was used**

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**Staff initials**

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**Trip used coupon for**

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## SPECIAL NEEDS RESIDENT LIST

The Village of Wheeling Special Needs Resident Notification (IL Premise Alert Program Public Act 96-0788) is available to all Wheeling residents. The IL Premise Alert allows people with special needs to provide information to police, fire, and EMS personnel to be kept in a database. This information will be provided to responders dealing with situations involving the special needs individuals.



To let emergency personnel know about you or your family members' special needs, pick up a form at the Police Department or Pavilion Senior Center or download from the Village website under "Premise Alert". Forms may be completed onsite, or you may send them to the Wheeling Police Department Communications Supervisor at 1 Community Boulevard, Wheeling, IL 60090. Your information will not be shared with anyone outside of the emergency personnel of the Village of Wheeling and any other agency needed to provide emergency response. The information provided on the list will not result in preferential treatment, or change the response of trained emergency personnel. Inclusion on the list will result in emergency responders being better prepared to assist individual residents with special needs.



Please contact either the Human Services Department at 847-459-2606 or the Wheeling Police Department Communications Supervisor at 847-459-2632 for further information

## STATE OF IL BENEFITS FOR SENIORS



The benefits now available are:

- Seniors Free Transit Ride;
- The Persons with Disabilities Free Transit Ride,
- Secretary of State License Plate Discount.

To be determined eligible for these benefits, you must submit a **Benefit Access Application** on the Internet. Paper applications are not available.

**Call the Wheeling Pavilion Senior Center  
at 847-459-2670 for an appointment.**



# LUNCH AT PAVILION

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Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, and table service — you can't beat it! The Senior Center hosts meal service for anyone 60 years and better.

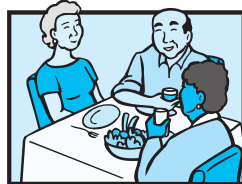
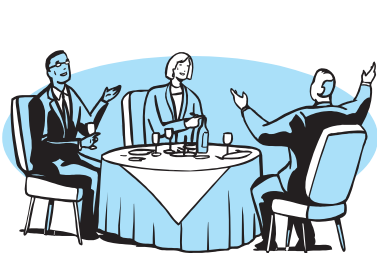
A nutritionally-balanced lunch is served **Monday thru Friday** from 11:30 a.m. until 12:30 p.m. Reservations are required and must be made by Wednesday for the following week. Each diner will receive written information regarding the cost of the meal and will have the opportunity to contribute to part or all of the cost. Social activities and informational programs are included as part of this program.

Funds (in whole/part) for the Lunch at Pavilion program are provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.

The Village of Wheeling does not discriminate in admission to programs or activities or treatment of employment in compliance with appropriate State and Federal statutes.

Each time you check in for lunch, we ask that you present your card to have the meal card marked for that day's meal. The Lunch at Pavilion program is committed to providing meals to all older adults 60 and better, regardless of ability to pay. If you are financially unable to purchase a punch card, please see Shari or Alysia, and they will gladly assist you. Meals are catered by Hoffman House. Lunch is often followed by a presentation, a speaker, or musical entertainment.

For more information regarding how to register or volunteer, please contact the Wheeling Pavilion Senior Center at 847-459-2670 and ask for Jesus Delgado.



## PLEASE LET US KNOW IF YOU WOULD PREFER TO PICK UP YOUR NEWSLETTER

\_\_\_\_\_ I prefer to pick up my newsletter at the Wheeling Pavilion Senior Center  
(or indicate below name of person who will pick up newsletter for you)

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Name of person who will pick up newsletter for me

**Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than January 2, 2017. All future newsletters will be held for pickup at the front desk.**

## LUNCH AT PAVILION EVENTS

### Rosca De Reyes

**Friday, January 6, 2017**

Today we will have the “Rosca de Reyes”, a Spanish and Mexican pastry traditionally eaten to celebrate Epiphany. This pastry is traditionally eaten on “Dia de Reyes” which means “King’s Day”. King’s Day commemorates the arrival of the three Magi or Wise Men.



### SENIOR JEOPARDY

**Tuesday, January 10, 2017**

Join Julie from Home Instead to play this exciting trivia game!



### THE POWER OF MINDFUL EATING

**Friday, January 13, 2017**

Author and therapist, Judith Matz, has helped thousands of people break the diet-binge cycle and learn how to have a healthy and satisfying relationship with food. Participants walk away with the skills needed to end overeating and support physical and emotional well-being. *This program is sponsored by the Indian Trails Public Library.*



### POLAND IN CHICAGO: CHICAGO IN POLAND

**Wednesday, January 18, 2017**

Learn from author Donna Urbikas about the challenges of Polish immigration from the early 1800’s to the present, and discover the traditions of Polish culture. *This program is sponsored by the Indian Trails Public Library.*



### MUSICAL PERFORMANCE: ELEANOR WARRINGTON

**Monday, January 23, 2017**

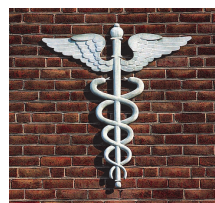
Join singer Eleanor Warrington as she showcases all the old favorites from the Big Band era. *This program is sponsored by the Indian Trails Public Library.*



### PHARMA-CANABIS EDUCATIONAL SEMINAR

**Wednesday, January 25, 2017**

Learn about the conditions that can be treated with medical marijuana and the restrictions in place to obtain this medication.



### WINTER BLUES BUSTER PARTY

**Thursday, January 26, 2017**

Chase your winter blues away at this event. Wear bright colors and get ready for a program of music performed by Dave Byron.



### HEATHER BRAOUDAKIS

**Monday, January 30, 2017**

Are you a Rosemary Clooney Fan? “Come On a My House” and “Mambo Italiano” with Heather as we reminisce about the music of this beloved entertainer.





## WELCOME NEW MEMBERS

William Sloss  
Elizabeth Slobins  
Howard Grubman  
Jack Caldwell  
Joan Holloway  
Jennifer Lee

Michael Kohen  
Miki Lieberman  
Joette Ojeda  
Karen Blacklaw  
Edward Malicki  
Luci Mara

Jerome Podolsky



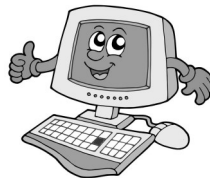
## BOOK CLUB

You are invited to join the Senior Center Book Club, which meets *in the library room at the Wheeling Pavilion Senior Center* the third Friday of every month at 1:00 p.m. Please join us!  
**Contact Diana at 847-459-2670**



**WOULD YOU LIKE TO KNOW WHAT IS HAPPENING AT THE SENIOR CENTER BETWEEN NEWSLETTERS?**

**WOULD YOU LIKE TO RECEIVE UPDATES ON NEW PROGRAMS AND TRIPS? IF YOU ANSWERED YES, THEN SEND YOUR E-MAIL ADDRESS TO DIANA AT [DMURILLO@WHEELINGIL.GOV](mailto:DMURILLO@WHEELINGIL.GOV)**



**10:00 too early for you?**

**We're sorry!**

**Tuesday a bad day for you?**

**STOP!**

**Just get here. Drag your poor body to the Wheeling Pavilion Senior Center. We'll provide the coffee.**

**CURRENT EVENTS**

**WE'LL BE LOOKING FOR YOU!**



## WANTED!

A few good men and women for a weekly game of either Gin or Hearts. The group plays every Thursday from 1:00–3:00 P.M.

If you are interested, please contact the Wheeling Pavilion Senior Center at 847-459-2670.



**ARE YOU INTERESTED...**

**in Mah Jong Lessons**

**or Bridge lessons?**

**If so, please contact Alysia at 847-459-2670**



## STITCH AND \*ITCH

Come \*itch with us and stitch away your troubles! Come join us for an afternoon of stitching at the Wheeling Pavilion Senior Center. Bring your projects and join the fun. No experience necessary. Just bring your talent!

**Dates:** Wednesday afternoons

**Time:** 1:00 p.m. – 3:00 p.m.

**Place:** Wheeling Pavilion Senior Center

**Cost:** FREE



## Computer Learning Center

TECHNOLOGY LEARNING CENTER (Formerly BUGS).

## Date and Time

Every Monday from 10:00 a.m. to 12:00 p.m. Please sign-up at the front desk by the previous Friday before to assure a volunteer is available.

## Other available classes

eBay Basics, eBay Buying & Selling, Digital Camera, Skype, Online Banking

To be scheduled with instructor

## Did you recently receive a Tablet or Smart Phone? Get off to the right start by learning how to use it!

Tablets have many features of laptop computers with an easier learning curve. They are extremely portable and simple to use for email, texting, Internet searching, learning and taking great pictures and movies. Enjoy the new technology without fear. Coaching is available for a donation to our Technology Replacement Fund. Schedule will be arranged with you by the instructor. Sign up at the front desk and surprise your grandchildren with your newfound technical knowledge. You will also be surprised at how easy it is to enjoy this new device. Applies to iPad and Android devices.







## HAPPY NEW YEAR!

Now that Open Enrollment is over, I hope that those of you who are new to Medicare and those of you who decided to make changes during this annual time, are happy with your choices. It is a big decision but it is up to each one of us to take care of our personal health—no one else is going to do it for you!

If during the year, you find any problems with your choices or your billing, please contact a SHIP representative so we can see what needs to be done to fix the problem.

Pat Miller, SHIP Counselor  
Wheeling Pavilion Senior Center  
847-459-2670



## WHEELING PAVILION SENIOR FOUNDATION



The Wheeling Pavilion Senior Foundation (WPSF) is currently accepting membership applications. As a member, you or your business will be supporting the work of the foundation. The foundation contributes to the health, enrichment, social and supportive services of Wheeling residents ages 50 and older.

The Foundation was established in April, 2010 as a charitable 501 c3 organization. Funds collected by the Foundation are distributed in support of important programs and projects. We help build better services and programs for seniors in Wheeling.

If you like volunteering we can use your help on the board and in fundraising. For membership applications, or volunteer positions please contact WPSF at 847-459-2670.

## INDIAN TRAILS PUBLIC LIBRARY

The Indian Trails Public Library will have a representative here on Wednesday mornings from 9:30–10:00 a.m. If you would like specific materials from the library, call the library and ask them to send it on Wednesday morning. You can then pick up your materials the next time you come into the Senior Center. Don't know what to read? Stop in and speak with the library representative and ask for suggestions! Stop in and browse the books that library staff bring in each week. You just may find a new favorite author. Call the Senior Center at 847-459-2670 for details.



## WHEELING PARK DISTRICT

### **“LET US HELP YOU FIND YOUR STRONG!”**

It's worth taking another look at the Wheeling Park District Fitness Center.

We've added more value to our memberships. All Group Fitness classes are included in Fitness Center memberships. Our friendly, clean 4,100+ square-foot facility contains everything you need to get started, and more. We offer 40+ Group Fitness classes each week.

Stop by the Fitness Center today and see for yourself. We are conveniently located in the Community Recreation Center. For more information, call 847-465-2943.

### **FROZEN FEST**

Sunday, January 15, 1-4 PM

Location: Chevy Chase Country Club

FREE

Satisfy everyone's "Frozen" obsession at this "cool" family-oriented event. The frigid fun includes a showing of the movie *Frozen*, the sing-along version, from 1:30-3:15 pm, in addition to lots of great activities like winter arts and crafts, face painting, photo booth with winter props, and ice sculptures demo and finished sculpture displays. Free refreshments including snowflake cookies, blue popcorn, and hot cocoa and coffee bar, are also available.

**For more information, call 847-465-3333.**

### **CHAIR YOGA AT THE PAVILION SENIOR CENTER**

Fridays, January 6-February 24, 8:30-9:30 AM

Location: Pavilion Senior Center

Not comfortable getting on the floor to exercise on a Yoga mat? Sit in a chair and get the benefits of Yoga. Learn the techniques with personalized modifications. No experience necessary!

Register today at the CRC Guest Service Desk. Fee: \$68 for eight-class session

Registration Code: 115703-03

For more information, call 847-465-3333.

### **CHAIR YOGA AT THE CRC**

Fridays, January 13-March 3, 10:30-11:30 AM

Location: Community Recreation Center

Instructor: Nancy Rabenau

Get the benefits of yoga without getting down on the floor! Learn the techniques with personalized modifications while sitting in a chair. No experience necessary!

Register today at the CRC Guest Service Desk.

Member/Resident/Fee: \$68/\$76/\$84 for eight-class session; Registration Code: 115703-01

*If you are not completely satisfied with the first scheduled class, refunds will be issued. After the second class meeting, refunds issued with a physician's note.*

For more information, call 847-465-3333.

### **WHEELING WALKS**

Every Saturday at 9:30 AM

Location: Heritage Park, 333 W. Dundee Road in Wheeling

FREE

Join our community walking club! Walking is more fun with friends! Meet at the Heritage Park Performance Pavilion, weather permitting. In case of inclement weather, meet fellow walkers on the CRC indoor walking track. *Wheeling Walks is offered in cooperation with the Village of Wheeling Board of Health.*

**TUESDAY EVENING AT PAVILION**

The Wheeling Pavilion Senior Center will be open for games and conversation with friends. Please bring your favorite games and your own snacks, if desired. There is **NO CHARGE** for this event, but we ask that you register so we know how many people will be attending.

Date: Tuesday, January 17, 2017

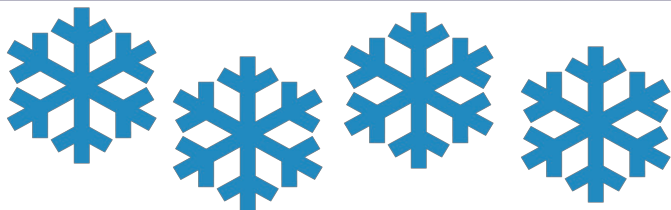
Time: 6:00 p.m. – 8:00 p.m.

Place: Wheeling Pavilion Senior Center

Cost: FREE, but registration is requested

Call the Senior Center at 847-459-2670 to reserve your space.

We must have a minimum of 6 people registered in order to keep the center open!

**PORTILLO'S DINNER OUT**

Take a break and join us for food, fun, and friends at our dinner out. This month we will be meeting at Portillo's.

Date: Tuesday, January 24, 2017

Time: Meet at Portillo's at 5:30 P.M.

Place: Portillo's

806 W. Dundee Road  
Arlington Heights

Cost: Since this is a counter service restaurant, the cost of this event is determined by what you order.

When you register, we will be asking for a \$2 cash deposit to reserve your space. The deposit will be returned to you at the restaurant the evening of the dinner.

**WINTER BLUES BUSTER PARTY**

Chase your "Winter Blues" away at the Wheeling Pavilion Senior Center. We will enjoy a warm cup of coffee, tea, or hot chocolate as we enjoy the music of Dave Byron.

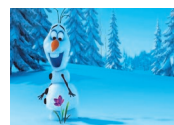
Date: Thursday, January 26, 2017

Time: 11:30 A.M.

(The entertainment will begin at approximately noon.)

Place: Wheeling Pavilion Senior Center

Cost: This party will take place as part of the Lunch at Pavilion Program. Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the IL Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. The Cards have no expiration dates. Please make your reservation for lunch at least one week in advance by calling 847-459-2670.

**GRAND VICTORIA CASINO**

Take a break from the winter blues and try your luck at the Grand Victoria Casino in Elgin. Try your luck at the slots and table games. Enjoy their delicious buffet lunch, **at your expense.**

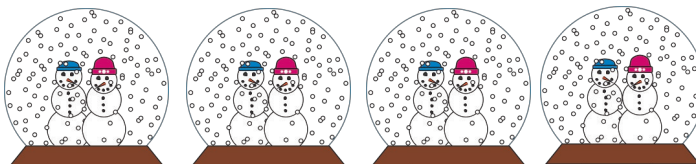
Date: Tuesday, January 31, 2017

Time: Meet at the Wheeling Pavilion Senior Center at 10:00 A.M. The bus will leave at 10:15 A.M.

Place: Elgin

Cost: \$16 members/\$21 non-members by January 5, 2017  
\$21 members/\$36 non-members until all spaces are full

Please note: No registration, refunds, or credits after January 5, 2017.



# FEBRUARY AND MARCH EVENTS

## PATTERSON GLASS

Join us for a unique experience where you can make your choice of a ring holder, a note holder, or a pen holder. We will begin this event by learning about glass and how it is made, followed by safety instructions and the opportunity to create your own piece. Please note: the glass studio requires that participants wear long pants such as blue jeans with no holes. No nylon clothing. Socks must cover the ankles, and participants must wear closed shoes and a cotton shirt. A copy of the dress code will be provided at the time of registration. Anyone who does not conform to the dress code will not be able to participate in the event.

Date: Thursday, February 16, 2017

Time: Meet at the Pavilion at 1:15 P.M.

The bus will leave at 1:30 P.M.

Place: Mundelein

Cost: \$52 members/\$67 non-members by January 16, 2017

\$57 members/\$72 non-members January 17 – January 24, 2017 if space is available

We must have a minimum of 12 people registered in order to run this trip. No refunds or credits after January 16, 2017



## SATURDAY NIGHT FEVER

Grab your bell –bottoms and take a trip back in time with *Saturday Night Fever*. Based on the 1977 hit film, *Saturday Night Fever* follows Brooklyn teen, Tony Manero, in his attempt to escape his tribulations by spending weekends at the local discotheque. Watch as Tony tries to win the admiration of the crowd as well as his heartthrob, Stephanie Mangano, with his electric moves. Featuring your favorite Bee Gees songs from the movie such as “Stayin’ Alive”, and “More Than a Woman”, *Saturday Night Fever* is a nostalgic classic that will have you dancing in the aisle! The cost of this trip includes round trip transportation, your choice of traditional roast turkey or pecan crusted tilapia for lunch, and a ticket to the show.

Date: Thursday, March 9, 2017

Time: Meet at the Wheeling Pavilion at 10:15 A.M.

The bus will leave at 10:30 A.M.

Place: Drury Lane Theatre in Oakbrook Terrace

Cost: \$79 members/\$94 non-members by February 1, 2017

\$84 members/\$99 non-members February 2 – February 8, 2017 if space is available

No refunds or credits after February 2, 2017 as we must give a final count and payment to the venue at that time.



## MY WAY: A MUSICAL TRIBUTE TO FRANK SINATRA

Relive the legendary career of Frank Sinatra as four actors share more than 50 of his beloved hits. “Fly Me to the Moon”, “Chicago”, “New York, New York”, “The Way You Look Tonight”, and “That’s Life” are just some of the tunes showcased in this musical tribute to the iconic success story of Ol’ Blue Eyes. This trip includes round trip transportation, lunch, and a ticket to the show.

Date: Wednesday, March 15, 2017

Time: Meet at the Pavilion at 10:15 A.M. The bus will leave at 10:30 A.M.

Place: Theatre at the Center in Muenster, In

Cost: \$76 members/\$91 non-members by February 1, 2017

\$81 members/\$96 non-members February 2 – February 9, 2017

No refunds or credits after February 1, 2017.





## THE GARBO THE MUSICAL

“The Garbo the Musical” is an original one-woman musical on the enigmatic Swedish film star, Greta Garbo. Considered by many the greatest film actress of all time her image was that of androgynous glamour. This production contains thirteen scintillating songs and humorous monologues that make this one-woman musical insightful, fun, and compelling. The cost of this trip includes round trip transportation, lunch (chicken vesuvio, roasted potatoes, peas, salad, pasta, dessert, coffee, tea, lemonade, soft drinks) and the show.

Date: Wednesday, April 5, 2017

Time: Meet at the Wheeling Pavilion at 10:30 A.M. The bus will leave at 10:45 A.M.

Place: Trattoria Peppino in Elmwood Park

Cost: \$65 members/\$80 non-members

Please note: We must have a minimum of 11 people registered by February 13, 2017 in order to run this trip.



## CHICAGO THE MUSICAL

Set in the legendary city during the roaring 20s, *Chicago* tells the story of two rival vaudevillian murderesses locked up in Cook County Jail. Nightclub star Velma is serving time for killing her husband and sister after finding the two in bed together. Driven chorus girl Roxie’s been tossed in the joint for bumping off the lover she has been cheating on her husband with. Not one to rest on her laurels, Velma enlists the help of prison matron Mama Morton and slickster lawyer Billy Flynn, who turns Velma’s incarceration into a murder-of-the-week media frenzy, thus preparing the world for a splashy showbiz comeback. But Roxie has some of her own tricks up her sleeve. The cost of this trip includes round -trip transportation, your choice of pecan crusted tilapia or chicken breast mediterranean for lunch, and a ticket to the performance.

Date: Wednesday, April 19, 2017

Time: Meet at the Pavilion at 10:15 A.M. the bus will leave at 10:30 A.M.

Place: Oakbrook Terrace

Cost: \$81 members/\$96 non-members by March 1, 2017

\$86 members/\$101 non-members March 2 – March 9, 2017

No refunds or credits after March 1, 2017.





# LUNCH AT PAVILION MENU


17

January 2017







1% or fat free milk served with mea

★ Please see reverse side for lunch events **Wheeling Pavilion Senior Center 199 N.1<sup>st</sup> Street Wheeling, IL 60090 847-459-2670** Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WE ARE CLOSED TODAY...</b>  <b>TIME TO BUILD A SNOWMAN</b>	<b>3 Choice Day</b> Spinach Swiss Soufflé <u>OR</u> Chicken Caesar Salad Lettuce & Tomato Garnish Lumberjack Soup Multi Grain Bread Ranger Cookie	<b>4</b> Spaghetti & Meatball Marinara Mixed Salad Greens w/ Chick Peas French Bread Warm Peach Applesauce	<b>5 Choice Day</b> Chicken Parmesan Sandwich <u>OR</u> Tuna Spinach Salad, Hard Boiled Egg Lettuce & Tomato Garnish Cream Of Broccoli Soup Wheat French Roll Tri Bean Salad	<b>6★</b> Hamburger Chop Suey Vegetable Fried Rice Oriental Blend Chow Mein Noodles Diced Melon Fortune Cookie
<b>9</b> Hot Roast Beef Mashed Potatoes/Gravy Northern Bean Tomato Medley Whole Wheat Bread Fresh Orange	<b>10 Choice Day ★</b> BBQ Riblet/Bun <u>OR</u> Chicken Lettuce & Tomato Garnish Cream of Potato Soup Rye Bread Cinnamon Apples	<b>11</b> Turkey Divan Vegetable Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie	<b>12 Choice Day</b> Surimi Crab Cake Sandwich <u>OR</u> Turkey Trio & Cheese Sub Sandwich Lettuce & Tomato Garnish Split Pea Soup Sliced Wheat Bun Banana	<b>13★</b> Chicken Breast Parmesan Penne Pasta/Marinara Squash Medley French Bread Chilled Peaches
<b>16</b> Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Fruit Yogurt	<b>17 Choice Day</b> Chicago Style Hot Dog <u>OR</u> Turkey Pasta Salad/Shell Rigate Lettuce & Tomato Garnish Tomato Lentil Wheat Hot Dog Bun Gramma Apple Bar	<b>18★</b> Tater Tot Casserole Green Beans Mixed Green Salad Corn Bread Fruit Cocktail	<b>19 Choice Day</b> Hamburger <u>OR</u> Julienne Ham Greek Salad Lettuce & Tomato Garnish Duchess Cheese Soup Sliced Wheat Bun Fresh Melon	<b>20 Choice Day</b> Potato Crusted Fish Filet <u>OR</u> Chicken Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding
<b>23 Breakfast for Lunch ★</b> Buttermilk Pancakes Breakfast Sausage Glazed Apples Orange Juice Chilled Peaches	<b>24 Choice Day ★</b> Meatball Sub <u>OR</u> Spinach, Cheddar & Turkey Roll-up/Wheat Tortilla Lettuce & Tomato Garnish 15 Bean Soup Soft Hoagie Roll & Banana	<b>25★</b> Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chocolate Beet Cake	<b>26 Choice Day★</b> Chicken Tender Poor Boy/Herb & Aioli <u>OR</u> Egg Salad Sandwich Lettuce & Tomato Garnish Vegetable Barley Wheat French Roll Oatmeal Raisin Cookie	<b>27</b> Chicken Tenders in Country Chicken Gravy Bread Stuffing Sweet Mashed Potato Northwest Blend Cran Apple Sauce
<b>30★</b> Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Peas & Onions Whole Wheat Roll Pineapple Tid Bits	<b>31 Choice Day ★</b> Fish Sandwich <u>OR</u> Caprese Pasta Salad W/Grilled Chicken Romaine & Tomato Garnish Split Pea Soup Wheat French Roll Chef's Choice Fruit	Funds (in whole/part) for the Lunch at Pavilion program were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. <u>The cards have no expiration dates.</u> The Village of Wheeling does not discriminate in admission to programs or activities of treatment of employment in compliance with appropriate State and Federal statutes		



JANUARY 2017 CALENDAR OF EVENTS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Senior Center is closed</p>  <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinocle</p> <p>Beginner Computer Tutoring by appt</p>	<p>3 9:30 Exercise 10:00 Computer Class by appt 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p> <p>10 9:30 Exercise 10:00 Computer Class by appt 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Senior Jeopardy 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p> 	<p>4 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00-3 SHIP by appt. 10:30 Sing-A-long 11:30 Lunch at Pavilion 12:00 Stitch and "itch" 1:00 Open Game Play</p> <p>11 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00-3 SHIP by appt. 10:30 Sing-A-long 11:30 Lunch at Pavilion 12:00 Stitch and "itch" 1:00 Open Game Play</p> <p>12:00 Poland in Chicago</p>  <p>12:00 Open Game Play</p>	<p>5 9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p> <p>12 9:00 Exercise 10:00 Computer Class by Appt 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>6 9:15 Foot Doctor 10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Rosca De Reyes 1:00 Canasta</p>  <p>CJE Russian Speaking Social Worker by appt</p> <p>13 10:00 Computer Class by appt 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 12:00 The Power of Mindful Eating 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>16 9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinocle</p> <p>Beginner Computer Tutoring by appt</p>	<p>17 9:30 Exercise 10:00 Computer Class by appt 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>18 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:30 Sing-A-long 10:00-3 SHIP by appt. 11:30 Lunch at Pavilion 12:00 Poland in Chicago 12:00 Stitch and "itch" 1:00 Open Game Play</p>	<p>19 9:00 Exercise 10:00 Computer Class by Appt 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>20 10:00 Computer Class by appt. 10:30 Your Clock is Ticking Group 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Book Club 1:00 Canasta</p>  <p>CJE Russian Speaking Social Worker by</p>
<p>23 9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Eleanor Warrington 1:15 Canasta/Pinocle</p> <p>Beginner Computer Tutoring by appt</p> 	<p>24 9:30 Exercise 10:00 Computer Class by appt 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>5:30 Portillo's Dinner Out</p> <p>CJE Russian Speaking Social Worker by appt</p> 	<p>25 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00-3 SHIP by appt. 10:30 Sing-A-long 11:30 Lunch at Pavilion 12:00 Pharmacanabis Educational Seminar 12:00 Stitch and "itch" 1:00 Open Game Play</p> 	<p>26 9:00 Exercise 10:00 Computer Class by Appt 11:30 Lunch at Pavilion 12:00 Winter Blues Buster Party : Dave Byron 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p> 	<p>27 10:00 Computer Class by appt. 10:00 Brain Games 10:30 Russian Tea Time Support Group 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Book Club 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>30 9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Heather Braoudakis 1:15 Canasta/Pinocle</p> <p>Beginner Computer Tutoring by appt</p> 	<p>31 9:30 Exercise 10:00 Computer Class by appt 10:00 Grand Victoria Casino Tri- 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p> 	<p>NOTICE TO ALL PARTICIPANTS IN PROGRAMS AND EVENTS FOR YOUR HEALTH AND SAFETY</p>  <p>If school district 214 and/or 21 are closed in Wheeling because of severe weather, the programs and events at the Pavilion Senior Center will also be cancelled. The Senior Center will be opened for operations unless there is a Village mandated closure. When in doubt, before venturing out, please call us.</p> 		

## TRIP AND PROGRAM CANCELLATION POLICY

Generally, if you cancel your reservation 7 business days or more before the event, we will work with you to fill your space with someone from the waiting list. If we can fill it, you will either be issued a credit voucher or you can work out an exchange with the person filling your space.

Please note: Due to dates we must make final payments, the refund deadline for trips will vary.

Check specific information for each trip.

**If cancellations are made less than 7 business days before the event or after final payment date posted, a credit will not be given.**

## AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

When traveling with the Wheeling Pavilion Senior Center, it is expected that the participant will arrive with the group, stay with the group, and travel back to the Senior Center with the group. In addition, it is expected that the participant will go directly from the bus into the venue as directed by the activity coordinator. **No Exceptions!** Program credits will be given in full for programs or trips cancelled by the Senior Center.

## HELPFUL HINTS TO MAKE SURE A FUN TIME IS HAD BY ALL !

- Please be sure to REGISTER EARLY TO AVOID DISAPPOINTMENT.
- We need to make monetary commitments to our venues at least 6 weeks in advance. If we don't have enough advance reservations, we may be forced to cancel a trip.
- If there is a menu option, please specify your choice when you register for the trip or program. Please note: menu options cannot be changed. *Be sure to read the menu carefully if you have any allergies or dietary needs. Contact Alysia if you need dietary accommodations.*
- Please carefully read the refund policy, the waiver, and caregiver policy before signing up for a trip. If you cannot "keep up" with the trip requirements, someone needs to accompany you as the trip coordinator cannot split up her time to care for individual needs.
- Please arrive on time for a trip as indicated as the bus cannot wait more than 5 minutes past the indicated time. If there are any questions regarding when to arrive for a trip, please ask someone at the reception desk or call Alysia at 847-459-2670 between the hours of 8:00 a.m. and 4:00 p.m.

## TRIP ETIQUETTE

Please respect your trip coordinator, bus driver, dining staff, theatre/venue staff, and all those who work very hard to make your experience a pleasant one. If there is free time, please arrive back at the bus or designated area at the time and place assigned by the trip coordinator. Please be respectful of your peers on the trip. If you go on a trip and it is deemed that a caregiver is needed for future trips, you will be asked to provide one before registering for more Senior Center trips. Unacceptable behavior will not be tolerated and will be reported to the Senior Center director who will assess whether or not the individual may attend future Senior Center trips.

## CAREGIVER POLICY

It is the intent of the Senior Center to provide travel opportunities that are educational and stimulating for a wide variety of interests. Due to the time and intensive nature of supervising such an event, our staff cannot be responsible for providing personalized caregiver attention to individuals, i.e. assisting with ambulation, toileting, dining, cognitive impairment assistance, etc. Therefore, the Senior Center reserves the right to deny a travel registration if it is determined that caregiving of this nature is required for a traveler. If the traveler has a caregiver accompanying them, the caregiver MUST complete his/her own registration form and payment.





VILLAGE OF WHEELING  
PAVILION SENIOR CENTER  
199 N. First Street  
Wheeling, IL 60090-0567

*The Wheeling Pavilion Senior Center is committed to accessibility for individuals with disabilities. The Pavilion's policy is to reasonably accommodate people with disabilities in accordance with the Americans with Disabilities Act (ADA). If you should require special accommodations at one of our functions call the Pavilion at (847) 459-2670 in advance.*

## VILLAGE OF WHEELING BOARD OF TRUSTEES

Dean S. Argiris, *President*  
Kenneth Brady, *Trustee*  
Mary Krueger, *Trustee*  
Ray Lang, *Trustee*  
Mary Papantos, *Trustee*  
Joe Vito, *Trustee*  
David Vogel, *Trustee*  
Elaine Simpson, *Village Clerk*

## SENIOR CENTER STAFF

Shari Matthews Huizar, *Director of Human Services*  
Alysia Miller-Goldstein, *Program Planner*  
Jan Christiansen, *Social Worker*  
Diana Murillo, *Secretary*  
Sharon Greenberg, *Clerk*  
Braulio Hernandez, *Custodian*  
Jesus Delgado, *Dining Coordinator*